



3Türmelauf  
Bad Langensalza / 14.04.2019

## Detailed evaluation

**Ernst, Tobias**

Club: Thüringer Handball Club  
Number: 216

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:01:38

Speed: 11.68 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 85 (of 211)

Rank in course/Men: 75 (of 156)

Best time in course: 41:01

Rank in category: 17(of 22)

Best time in the category: 45:21